

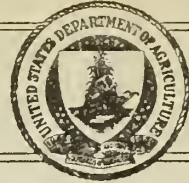
## **Historic, Archive Document**

Do not assume content reflects current  
scientific knowledge, policies, or practices.





U. S. DEPARTMENT OF AGRICULTURE  
Office of Information  
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
APRIL 10, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics U. S. Department of Agriculture

----

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

---

|                                    |  |
|------------------------------------|--|
| Every day --                       | Every meal -- Milk for children, bread for all |
| Cereal in porridge or pudding      | Two to four times a week --                    |
| Potatoes                           | Tomatoes for all                               |
| Tomatoes (or oranges) for children | Dried beans and peas or peanuts                |
| A green or yellow vegetable        | Eggs (especially for children)                 |
| A fruit or additional vegetable    | Lean meat, fish, or poultry, or                |
| Milk for all                       | cheese   |

---

LAMB A GOOD MEAT BUY NOW

For a good seasonable meat buy at this time of year, try lamb, the Bureau of Home Economics of the U. S. Department of Agriculture suggests. A shoulder of lamb, perhaps, with the bones taken out and replaced with bread crumb stuffing seasoned with fresh mint leaves. There you have a roast that is both tempting and easy to slice, and not expensive.

The price of lamb is a little lower now than it was in the winter, and this is the time of year when plenty of "fed lambs" are coming on the market from the Western States. "Fed lambs", as city people may not know, are now about 10 or 12 months old. They were born last spring on the western ranges, and since the late summer or fall have been fattened or "finished" in feed lots or sheds in the Middle West. They begin to appear on the local markets in December, and continue in abundant numbers until May 1, and occasionally later.

But there is lamb on the market all the year round. Early "spring lambs", born this year and fattened chiefly on their mothers' milk, are usually marketed



when they are 3 to 5 months old. They usually sell at a premium price, and are most plentiful from May to July 1. Along in August to November come the "grass lambs", which have been feeding on grass. They are for the most part 5 to 8 months old. Next come the "feeders", in late winter and spring. There is relatively little mutton any more. Sheep growers market about ninety percent of their stock as lambs.

The big market for lamb is in the cities--a very much bigger market than it used to be. When sheep were brought to America by the early settlers back in 1609, they were needed to furnish wool for clothing. But as the population increased there developed a market for mutton and lamb. Later came the development of the West, and more and more sheep were raised on the great ranges beyond the Mississippi. Railroads were built, and the market for lamb and mutton became still wider as refrigeration made long distance shipments possible. Sheep-growers turned more to the mutton type of sheep and to cross breeding for stock that would be equally good for wool and for meat. Since 1900 the demand for lamb has grown so much that most producers now find it more profitable to market their lambs for meat than to hold them for the wool they would yield.

There are in this country something like 50,000,000 sheep on farms and ranges, and two-thirds of them in 10 States--Texas with the most, then Montana, Wyoming, California, Colorado, Oregon, New Mexico, Idaho, Utah and Ohio. But there are small flocks on farms almost everywhere in the Middle West and in the Eastern States, and in some parts of the South.

Every cut of lamb is tender, because the animal is so young. And either the breast or the shoulder, which are the cheaper cuts, make an attractive roast when stuffed. It is economy to buy a good-sized shoulder or a leg of lamb for roasting, however, say the specialists, because roast lamb is one of the best meats for slicing cold, and every left-over can be used in a spicy curry or any one of a



dozen other appetizing hot dishes. Bones and trimmings removed before cooking make excellent soups and jellies.

For roast lamb, the directions differ some according to the kind of oven you have. The ordinary gas oven, where you can lower the heat quickly, should be hot to begin with--450 to 500 degrees Fahrenheit for the first half hour. When the roast begins to brown slightly, turn the gas down and finish cooking slowly at moderate temperature. But in an oil stove or coal range, or in a heavily insulated gas or electric oven, have the heat moderate--that is, about 350° F.--all the time the roast is there. The low heat cooks the meat through slowly and evenly, and keeps down shrinkage. Even the fat and drippings in the bottom of the roasting pan do not burn, but brown just enough to make good gravy.

But regardless of the oven and the temperature you use when roasting lamb, remember that, since lamb is a tender meat, it is best cooked in an uncovered pan without added water. Slip a rack under the roast to keep it from sticking to the bottom of the pan.

Certain relishes and certain vegetables seem to "belong with" lamb--mint sauce, mint jelly, currant jelly, spiced conserves and pickles, or horseradish sauce for a relish, say, and onions, tomatoes, string beans, spinach or turnips among the low-cost vegetables. For salads served at the meal with lamb, you probably would want a tart dressing.

And then, say the specialists in lamb cookery, if you are serving lamb hot, have it piping hot, on piping hot plates. The fat hardens as soon as it begins to cool.







### Lamb Patties With Tomato Gravy

Season ground raw lamb with salt and pepper. Drain the juice from a can of tomatoes and save the juice to use in the gravy. To the ground lamb add the drained tomatoes, a chopped onion, and enough bread crumbs or mashed potatoes or boiled rice to make a fairly stiff mixture. Knead the mixture with the hands, mold into flat cakes, dip in flour, and fry slowly in fat, until the cakes are well browned on both sides. Make gravy of the pan drippings and tomato juice and serve with the patties.

### Fricassee of Lamb With Dumplings

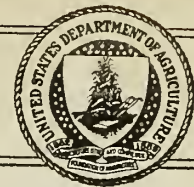
Lamb breast, shoulder, neck, and flank, are all good for a fricassee. Cut from 1 to 2 pounds of meat into fairly small pieces, sprinkle with salt, pepper, and flour. Brown in fat and add a sliced onion. Add water to cover, put on a lid, and cook slowly for 1 to  $1\frac{1}{2}$  hours. Then add turnips and carrots, and chopped green peppers, if desired, and cook until the meat and vegetables are tender. The stew should have plenty of gravy, very slightly thickened. Season to taste with salt and pepper.

For dumplings, sift 1 pint of flour with three-fourths teaspoon of salt and 3 to 4 teaspoons of baking powder, work in 2 to 3 tablespoons of fat, and add 1 cup of liquid (water or milk). Drop the dumpling batter by spoonfuls over the stew, cover tightly to hold in the steam, and cook for 15 to 20 minutes, or until the dumplings are done.





**U. S. DEPARTMENT OF AGRICULTURE**  
**Office of Information**  
**Press Service**



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
 APRIL 17, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

--

FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

|                                    |   |
|------------------------------------|---|
| Every day --                       | Every meal --- Milk for children, bread for all |
| Cereal in porridge or pudding      | Two to four times a week ---                    |
| Potatoes                           | Tomatoes for all                                |
| Tomatoes (or oranges) for children | Dried beans and peas or peanuts                 |
| A green or yellow vegetable        | Eggs (especially for children)                  |
| A fruit or additional vegetable    | Lean meat, fish, or poultry, or                 |
| Milk for all                       | cheese  |

SPRING GREENS AND SPRING SALADS

When you were a child, dandelions were weeds. It is true you ate them as greens, and you still remember how good they were when they came on the table sprinkled with crisp appetizing bits of bacon or salt pork. But probably you had weeded those dandelions out of the yard, or had gone out with your basket and cut them from the pasture or along the roadside.

Does it surprise you, then, to find that dandelions are now cultivated for market on a big scale and shipped across the country by truck and by car load? What you buy in your market may come from nearby, but if you live in a northern city the chances are the dandelions you may get have made a long journey from market gardens farther South. New Englanders, although they have been cultivating dandelions for years, do not grow all they use, and the Boston market, as well as New York and Philadelphia, buys dandelions from New Jersey especially at the first of the season. Chicago ships them in from Texas. The dandelion is now a full-fledged article of interstate commerce.



The fact is, of course, that the American people are eating greens and salad vegetables of all kinds as they never used to do. That is partly because such perishable foods can now be shipped across the country quickly and safely. It is partly because the city markets supply the wants of so many foreign-born Americans who are used to and eager for the green leafy foods. But it is largely because more Americans of all kinds have acquired a taste for greens and salads and an appreciation of their food value. Not counting spinach or cabbage or lettuce or celery, there were 2,321 car loads of different kinds of greens shipped to market last year, besides uncounted lots shipped by truck. In the uncounted truck loads, as well as in the freight cars, were dandelions, mustard, collards, kale, turnip tops, beet tops, and several others - including sour grass, which New York buys from Florida.

The gardeners and seedsmen, of course, are keeping up with the times. They are improving the stock of the familiar garden greens and producing new varieties of kale, mustard, dandelions, and turnip greens. Instead of depending for turnip greens upon the tops of turnips grown originally for their roots, market gardeners now plant, for greens, the "seven-top turnip", which goes chiefly to tops and has only small roots. Swiss chard, due in the early summer, is a beet which has been developed for its tops instead of its roots, and makes excellent greens all through the summer when other greens are scarce. Collards, a member of the cabbage family which grows a rosette of leaves on a tall stalk, have long been a standby in parts of the South, where they can be grown almost the year round. Now the northern cities are buying collards from the South.

Then broccoli. This favorite Italian vegetable has been grown commercially in this country for only about eight years but now it is selling everywhere in our markets.





Poke salad is still one of the wild greens, but we can often get it in the farmers' markets. Don't overlook the other wild greens, some of which you may be weeding out of your garden. There is purslane in particular, with its thick juicy little leaves. It is coarser than its relative, the gay little portulaca of your flower garden, but it is very good to eat, either cooked or as a raw salad with a dressing of vinegar and bacon fat, or vinegar and salad oil. Then there is the pigweed, or red-root, which has a bright reddish-pink root, and is very much of a nuisance in the garden -- unless you use it as greens. Still another of the common wild greens is lambsquarters, which also is often called pigweed and sometimes goosefoot. The leaves and the tender tips of the branches are the parts of this weed to use.

To cook greens properly - any kind of greens - says the Bureau of Home Economics, use very little water and do not cook them long. Usually no water is needed except that which clings to the leaves after washing. Cook them only until they are wilted, stirring occasionally, and do not put a lid on the kettle. They will lose vitamin value if cooked too long, and they will lose their green color if cooked under a cover. Serve with a seasoning of lemon juice or vinegar, salt and pepper, or with salt pork or bacon fat.

Of the salad greens, another Italian favorite is becoming more familiar in our markets. This is escarole, or Batavian endive, with its broad curling green leaves. Like all the green leafy vegetables, escarole is rich in iron and in vitamins.

With tender young spring onions, raw young carrots sliced or cut lengthwise in slender sticks and laid on a thick bed of garden lettuce or escarole, you have a tempting salad that is good for "spring fever" -- an ailment which is more than likely due to a shortage of iron and vitamins in your winter diet.





Spring onions, of course, are not the only members of the onion family on the April markets. There are leeks and garlic, chives and shallots -- all more commonly used in Europe than in the United States, and therefore shipped from the market gardens to cities that have a considerable foreign-born population. Leeks, however, with thicker stem and less bulb than onions, are often found in the "soup bunch", or in the "vegetable bouquet" that is sold at your door. They are especially good in soups and stews.

Chives, with their grass-like tops growing from small clustering bulbs, have a delicate flavor which is often preferred to onions. As an appetizer, spread a potato chip with a soft mixture of cream or cottage cheese and chopped chives -- using the slender green tops -- and you have a very tempting morsel. Or add a ball of the cheese and chopped chives to a spring salad plate.

Shallots, too, are mild in flavor. They grow in "cloves", or divisions of the bulb, and are used fresh, whereas garlic, which also grows in cloves, is used fresh or dried. Shallots are now coming into the markets from Louisiana and other districts in the south.





U. S. DEPARTMENT OF AGRICULTURE  
Office of Information  
Press Service



WASHINGTON, D. C.

RELEASE FOR PUBLICATION  
APRIL 24, 1935 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics U. S. Department of Agriculture

FAMILY FOOD GUIDE TO LOW COST BALANCED DIET

Every meal -- Milk for children, bread for all

Every day --

Cereal in porridge or pudding  
Potatoes  
Tomatoes (or oranges) for children  
A green or yellow vegetable  
A fruit or additional vegetable  
Milk for all

Two to four times a week --  
Tomatoes for all  
Dried beans and peas or peanuts  
Eggs (especially for children)  
Lean meat, fish, or poultry, or  
cheese

KEEPING THE COLOR IN VEGETABLES

The good cook wants to keep the natural color of her vegetables. She wants green peas to be green when they are served on your plate, beets to be red, carrots yellow and cauliflower white. She has no trouble with carrots. But the green vegetables may fade, the red may change to blue or purple, the white ones may turn yellowish. Only the yellow and red-orange vegetables keep their color under all the ordinary cooking processes.

There are interesting reasons for this, and they bring forth a caution or two from specialists in the Bureau of Home Economics, U. S. Department of Agriculture.

The natural colors of vegetables--and of fruits and flowers also--are due to color substances or pigments of different chemical composition. The green pigment is called chlorophyll, which is important to the plant in much the same way that



hemoglobin in the blood is important to the human body. You find chlorophyll, however, only in those plants or parts of plants that get the sunlight--not in the roots underground, nor in plants covered from the sun and "bleached"-like celery. In those same green parts, moreover, there are important food values, particularly iron and vitamins.

Chlorophyll dissolves hardly at all in soft water. If you add a little soda, however, or some other alkali, the chlorophyll changes--decomposes--into chlorophyll salts which are very green indeed. That is what happens if you cook greens or green peas or beans with a little soda in the water--you get a bright green product. You see that same bright green in canned peas, too, sometimes. But the soda that gives the color takes away some of the flavor and also some of the vitamins. So the specialists in the Bureau of Home Economics say:

Do not cook green vegetables with soda. There is a better way to keep the green color, and that is simply to cook them in very little water for a very short time, and leave the lid off the pan.

Why does that keep them green? The answer is a little complicated, but here it is: If you were to add a little acid, instead of soda, to the cooking water, the chlorophyll would decompose into compounds that are dull yellow to brown in color--which you do not want in green foods, so of course you do not add the acid. But you have acid to deal with nevertheless, for it is there in the vegetable. Cooking softens the vegetable, and releases the acid, some of which evaporates quickly with the water. But with a lid on the pan, the acid vapor is held in close to the vegetable, and causes fading. It is true that the water, if at all hard, will neutralize the acid somewhat, but, as a rule, not enough to keep the green color. The longer you cook, the more the color fades.





Without the lid, however, the acid vapor escapes and there is little loss of color. And the shorter the cooking time, the less acid released, therefore the less fading. So the Bureau of Home Economics says:

To keep the color in green vegetables, cook them in very little water, with the lid off, and cook them no longer than necessary to make them just tender. Very tender greens, in fact, need to be cooked only until they are wilted. This is the way to keep the most flavor, as well as the most color. Also it will save the most you can save of the vitamin values.

Red vegetables -- beets, red cabbage, and red onions -- are colored by pigments which the chemist calls anthocyanins. These pigments range from red to blue in fruits and flowers, and in red vegetables they may change from one shade to another in the process of cooking. Red cabbage turns purple when the water in which it is cooked is hard or alkaline. If you add soda the cabbage becomes blue. For that matter it will turn when touched with hands or knives that have been washed in hard water. To have red cabbage red, add a little vinegar or some other acid, when you serve it. Even after it has turned dark you can bring back the red by adding the "sweet sour" seasoning that goes so well with red cabbage.

Beets contain enough acid to keep them red, but vinegar or lemon juice in the sauce for Harvard beets, or the vinegar for pickled beets, makes the red brighter. Beets lose color for a different kind of reason -- they "bleed" if cut up in water, or if there is any cut surface exposed to water. In other words, their red pigment dissolves and runs out in the water. Therefore the less water used in cooking the better the color of the beets. Steaming is better still. Cooked in their skins beets cannot bleed much, however, especially if you cook them with an inch or so of the tops still on, as many people do. The tops, by the way, especially of young beets, are to many people as good as the root. Beets diced and baked in a covered casserole keep their color, for there is no water to dissolve the pigment.



White vegetables stay white if you cook them in soft water, or water that is only slightly hard. But if the water is very hard, or if you add soda, or if you cook them too long, they turn yellow. The pigments that cause this change are called flavones, which are colorless in acid, yellow in alkali. You notice this change most in white onions, celery, cauliflower, or the white parts of cabbage, also in rice. In very hard water rice becomes a disagreeable yellow or greenish color. To prevent that put a pinch of cream of tartar in the water.

Carrots get their color from the pigment called carotin, which is one of a group of substances chemically known as carotinoids. Sweet potatoes and squash too get their color from the carotin they contain. Another carotinoid, lycopin, gives the bright yellow red to tomatoes, red peppers and pimientos. The carotinoids are "fast colors", so to speak. Cooking scarcely changes them.

Usually where there is carotin the vegetable is a source of vitamin A. That is why nutritionists talk about the important food value of the yellow vegetables. And just as the carotinoids are not much affected by cooking, neither is vitamin A. In fact, the chemists tell us that the carotin in plants becomes vitamin A in the human body. But the vegetables and fruits that contain carotin are often good sources also of other vitamins, some of which are easily lost in cooking. So if you want to save the vitamins, don't cook even the "fast color" vegetables any longer than is necessary to make them palatable.

